

Recover from Burnout

Life lessons to regain your passion and purpose

Judy Klipin

THE BOOK

Burnout is becoming an epidemic in South Africa, one of the most stressed nations in the world. It wreaks havoc with our moods, bodies, relationships and appetite.

You will recognise the many flavours of burnout:

- There's the needing-a-caffeine-fix-to-get-you-going-in-the-morning burnout that has you eating everything containing caffeine, sugar, carbs or salt you can lay your hands on.
- Or the combative burnout, which makes you pick a fight with everyone – family, friends, colleagues, strangers in traffic...
- The not-wanting-to-talk-to-anyone-or-do-anything (other than lie in bed and watch undemanding movies or read trashy novels) burnout.
- The miserable, depressed and dispirited burnout that makes you question every life choice you've ever made.
- Or the burnout that has you so bone weary and so depleted that you can't even pull a door closed, let alone yourself towards yourself.

But the good news is that it can be stopped, you can recover from burnout and learn new healthy ways of living.

By recognising the patterns that lead to burnout you can change your habits for the better. If you find yourself pleasing others at your own expense; saying yes when you should say no (and no, when you should say yes); trying to do everything yourself rather than asking for help or giving more than you have – then you need this book as the start of a journey back to balance and health.

Life coach Judy Klipin – who has herself suffered from burnout – shows us how burnout works and provides clear-cut guidance on how to recover from burnout, and keep it at bay for the rest of your life.

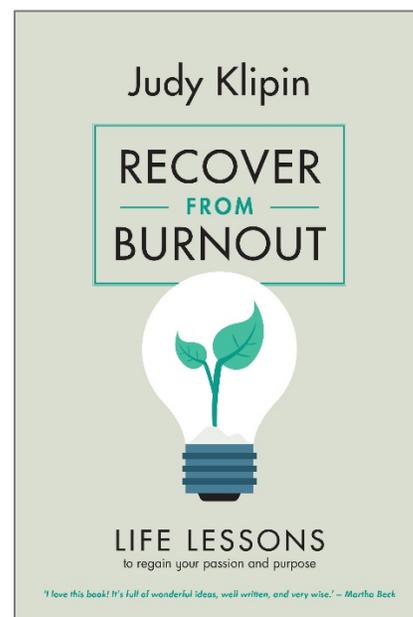
THE AUTHOR

Judy Klipin is a Martha Beck certified Master Life Coach based in Johannesburg, South Africa. She offers individual, group and corporate coaching and workshops. Judy also provides training and supervision for coaches and mentors. She is the author of *Recover from your Childhood: Life Lessons for the Adult Child*.

#burnout #lifelessons #regainyourpassion


BOOKSTORM

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